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# THE FAMILY'S FOOD AT LOW COST

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**S**PEND YOUR FOOD MONEY WISELY is always good advice, but it is particularly pertinent when incomes are reduced and there is little money to spend. Many families now have lower incomes than ever before, from which to make all necessary expenditures. The situation often becomes acute, as when wage earners are unemployed, when crops and gardens fail, or when other emergencies occur.

At such times the well-being of families is endangered and all expenditures for food must be carefully directed or adults will suffer and children may be handicapped for life. In some communities there are nutrition experts who can help plan the spending of food money so that every cent will do its duty. Where this special service can not be provided, community leaders are urged to enlist the help of a home economics teacher, home demonstration agent, or some other person who has had special training in foods and nutrition.

This pamphlet is designed to help relief workers who may be called upon to suggest low-cost food budgets at any time and to assist in apportioning relief funds during emergencies.

## FAMILY FOOD GUIDE

EVERY MEAL . . . . . Milk for children, bread for all.

EVERY DAY . . . . . Cereal in porridge or puddings.  
Potatoes.  
Tomatoes (or oranges) for children.  
A green or yellow vegetable.  
A fruit or additional vegetable.  
Milk for all.

TWO TO FOUR TIMES A WEEK . . .

Tomatoes for all.  
Dried beans and peas or peanuts.  
Eggs (especially for children).  
Lean meat, fish or poultry, or cheese.

## LOW-COST WEEKLY FOOD SUPPLY FOR FAMILIES OF GIVEN AGE GROUPS

The orders below are suggested for families suffering from shortage of home-grown foods and ready cash. These combinations and proportions of food give good nutrition returns for a limited outlay of money. The amounts are stated flexibly to permit some adjustment to individual needs. They are not considered optimum for nutrition, but it is believed that they are adequate. Any reduction in the suggested amounts of milk, vegetables, and of lean meat must be made with great discretion.

Food materials	Unit	Family composition				
		2 adults; 1 child, aged 3 years	2 adults; 3 chil- dren, aged 2, 4, and 7 years	2 adults; 5 chil- dren, aged 2, 3, 8, 12, and 15 years	3 adults; 7 chil- dren, aged 2, 4, 6, 8, 10, 13, and 15 years	4 adults
Grain products:						
Bread.....	Pound	10-15	12-16	16-22	25-35	20-25
Flour.....	do	1-2	1-2	3-4	3-5	4
Cereal.....	do	3-4	4-6	6-8	10-12	4-7
Whole milk <sup>1</sup> .....	Quart	9-14	23-28	30-42	43-56	4-14
Potatoes.....	Pound	8-10	15-20	20-30	30-40	15-20
Legumes, such as dried beans, peas, lentils, and peanut butter.....	do	1-2	1-2	1-3	2-5	1-3
Tomatoes, fresh or canned (or oranges).....	do	4	6	9	12	6
Other vegetables, fresh or canned (include some of green or yellow color and inexpensive fruit, fresh, canned, or dried, <sup>1</sup> as apples, bananas, berries, prunes, peaches,.....	do	12-14	15-18	20-25	30-40	20-25
Fats, including salt pork and bacon.....	do	2	2 $\frac{1}{2}$	4	6	4
Sugar <sup>1</sup> (use some unrefined cane molasses).....	do	2 $\frac{1}{2}$	3	5	7	5
Lean meat, liver, fish, cheese, eggs.....	do	3-5	5-7	7-10	10-14	5-10
Additional eggs (for younger children).....	Number	3	8	8	8	-----

<sup>1</sup> See equivalent weights and measures of selected food materials, below

### EQUIVALENT WEIGHTS AND MEASURES OF SELECTED FOOD MATERIALS

**Milk.**—If fluid milk is not available, 1 pound of unsweetened canned milk may be used for each quart of whole milk. To use dry skim milk in any dietary which calls for fresh whole milk, allow for every 5 quarts of whole milk 1 pound of dry skim milk, and provide in addition 5 to 6 ounces of butter.

**Eggs.**—One dozen eggs of medium size as purchased weighs about 1 $\frac{1}{2}$  pounds.

**Grain Products.**—If bread is baked at home, allow 1 pound flour for 1 $\frac{1}{2}$  pounds bread.

**Molasses.**—Cane, 1 quart (2.9 pounds) can replace 2 pounds cane or beet sugar.

**Tomatoes.**—The contents of one No. 3 can (or 1-quart jar) weigh approximately 2 pounds.

**Fruits.**—One pound dried fruit corresponds to approximately 4 or 5 pounds fresh fruit.

## The Family's Food at Low Cost

## SUGGESTED LOW-COST WEEKLY FOOD SUPPLY FOR PERSONS OF VARIOUS AGES

Listed below are the approximate amounts of foods which will meet the needs of persons of various ages. These combinations and proportions of food give good returns for a limited outlay of money. The quantities are stated flexibly to permit some adjustment to individual needs. These proportions are not considered optimum for nutrition, but it is believed that they are adequate. Any changes should be made with great discretion, preferably only by a person well-trained in nutrition.

By adding together the amounts needed by each individual member being fed the approximate total amount needed for any group can readily be found.

Food	Unit	Man	Woman	Boy, 14-17 years	Girl, 14-17 years	Boy, 9-13 years	Girl, 9-13 years	Child, 6-8 years	Child, 3-5 years	Child, 2 or less years
Milk.....	Quart.....	1-3½	3½-7	3½-5	5-7	7	7	7	7	7
Grain products:										
Bread.....	Pound.....	5-7	4-5	4-5	2	2-3	2-3	1-3	3-1	½-1
Flour.....	do.....	1	½-1	½-1	½-1	½-1	½-1	(1)	(1)	(1)
Cereal.....	do.....	1-2	1	1	½-1	½-1	½-1	1	½-1	½-1
Vegetables and fruits:										
Potatoes.....	do.....	4-7	3-4	5-7	4-5	4-6	3-4	2-3	2	1-2
Legumes.....	do.....	½-3½	½-1½	½-2	½-2	½-2	½-2	(1)	(1)	(1)
Tomatoes.....	do.....	1½-2	1½-2	1½-2	1½-2	1-2	1-2	1-1½	1-1½	1
Other vegetables and fruits.....	do.....	5-8	4-6	3-5	3-5	3-5	3-5	3-5	3-4	1-2
Lean meat, fish, and poultry.....	do.....	1½-2	1-2	1½-2	1-2	1-2	1-2	½-1½	½-1½	(1) -----
Eggs.....	Number	1-3	1-3	1-3	1-3	3-4	3-4	5-7	5-7	3-4
Cheese, nuts, gelatin.....	Pound.....	½	½	½	½	½	½	(1)	-----	-----
Fats and oils, including bacon, and salt pork.....	do.....	1	¾	1	¾	¾	¾	½-½	½-½	(1)
Sugars and sweets.....	do.....	1-1½	1-1½	1-1½	1	¾-1	¾	½-½	½-½	(1)
Beverages (select one) if desired:										
Coffee.....	do.....	½	½	-----	-----	-----	-----	-----	-----	-----
Tea.....	do.....	½	½	-----	-----	-----	-----	-----	-----	-----
Cocoa.....	do.....	½	½	½	½	½	½	-----	-----	-----
Cod-liver oil.....										

<sup>1</sup> Children may have some of food named but amount is too small to note here.

## SUGGESTED MENUS FOR LOW-COST DIETS

At every meal serve milk to children and bread and butter to all. Tea and coffee are served only to adults. The daily sugar allowance as shown in the table below may be used at the meals as needed.

## SUNDAY

## Breakfast

Oranges (children).  
Whole-wheat porridge.  
Top milk.

## Dinner

Rice and meat loaf.  
Baked potatoes.  
Stewed tomatoes.  
Raisin bread pudding.

## Luncheon or Supper

Cream of pea soup.  
Omelet.

## MONDAY

Stewed prunes.  
Oatmeal.  
Top milk.  
Toast.

Creamed rice soup.  
Fish with macaroni.  
Vegetable slaw (5-minute cabbage for children).  
Oatmeal cookies.

Vegetable chowder.  
Corn bread.

*The Family's Food at Low Cost***TUESDAY**

*Breakfast*  
Whole-wheat porridge.  
Top milk.  
Toast.

*Dinner*  
Corned-beef hash.  
Soft-cooked eggs (for children).  
Beets.  
Apple shortcake.

*Luncheon or Supper*  
Bean soup (cereal for baby).  
Cottage cheese, date salad, French dressing.  
Fruit cup.

**WEDNESDAY**

Oatmeal.  
Top milk.  
Toast.

Broiled haddock.  
Baked onions in tomato sauce.  
Baked potatoes.  
Oatmeal cookies.

Corn chowder (cereal for baby).  
Egg salad.

**THURSDAY**

Rice.  
Top milk.  
Toast.

Meat stew.  
Apple sauce.

Scrambled eggs.  
Baked potatoes.  
Stewed tomatoes.  
Left-over gingerbread.

**FRIDAY**

Stewed prunes.  
Whole-wheat porridge.  
Top milk.

Macaroni and cheese.  
Beets.  
Lettuce and dressing.  
Toast.  
Gingerbread.

Vegetable plate (cereal for baby).  
Baked stuffed potato.  
Creamed carrots.  
Boiled turnips.

**SATURDAY**

Oatmeal.  
Top milk.  
Toast.

Seasoned beans.  
Baked brown bread.  
Five-minute cabbage.  
Apple sauce.

Creamed chipped beef.  
Boiled potatoes.  
Carrots.

**SUGGESTED DAILY DISTRIBUTION OF FOOD MATERIAL**

To prepare the foregoing menus, the housewife may distribute the weekly food allowance for a family of five as indicated in the following table:

Food materials	Unit	Days of week							Total
		Sun-day	Mon-day	Tues-day	Wednes-day	Thurs-day	Fri-day	Satur-day	
<b>Grain products:</b>									
Bread.....	Pound	2	2	2	2	2	2	2	14 pounds.
Flour.....	Ounce	1/2	7	4	1/2		9	4	13/4 pounds.
Graham flour.....	do							3	
Corn meal.....	do		12					2	
Macaroni.....	do	6					6		
Rice.....	do	2	2			8			5 pounds.
Wheat.....	do	2		2			2		
Oatmeal.....	do		20		10			8	
Milk.....	Quart	4	4	4	4	4	4	4	28 quarts.
<b>Vegetables and fruits:</b>									
Potatoes.....	Pound	3	1 1/2	1 1/2	3	2	1 1/2	2	14 1/2 pounds.
Beans or peas.....	do	1/2		1/2				2	1 1/4 pounds.
Tomatoes.....	do	2	6	2	14				6 pounds.
Onions.....	Ounce	2		8			8	12	
Carrots.....	do							8	
Cabbage.....	do		16				16		
Beets.....	do			16					
Corn.....	do				20				
Lettuce.....	do					4		8	
Turnips.....	do						8		
Oranges.....	do	8		8					
Apples.....	do			20		32			
Bananas.....	do			6					
Dried fruit.....	do	2	6	4			6		
Fats, including bacon and salt pork.....	do	4	9	6	5	3	7	6	2 1/2 pounds.
Sugar.....	do	5	10	5	4	8	5	4	2 1/2 pounds.
Molasses.....	do						9	6	1 pound.
Lean meat and fish.....	do	12	8	8	16	20		4	4 1/4 pounds.
Cheese.....	do			8				6	2/3 pound.
Eggs.....	Number	5	4	3	4	4	1		1 1/4 dozen